

**Report on Basic Demographic Information and Results of Twelve Month
Follow-up Procedure For Adolescents Completing Community-Based
Treatment Programs**

**Presented to: Division of Alcohol and Drug Abuse
State of South Dakota**

**By: Gary R. Leonardson, Ph.D.
Mountain Plains Research**

December 23, 2003

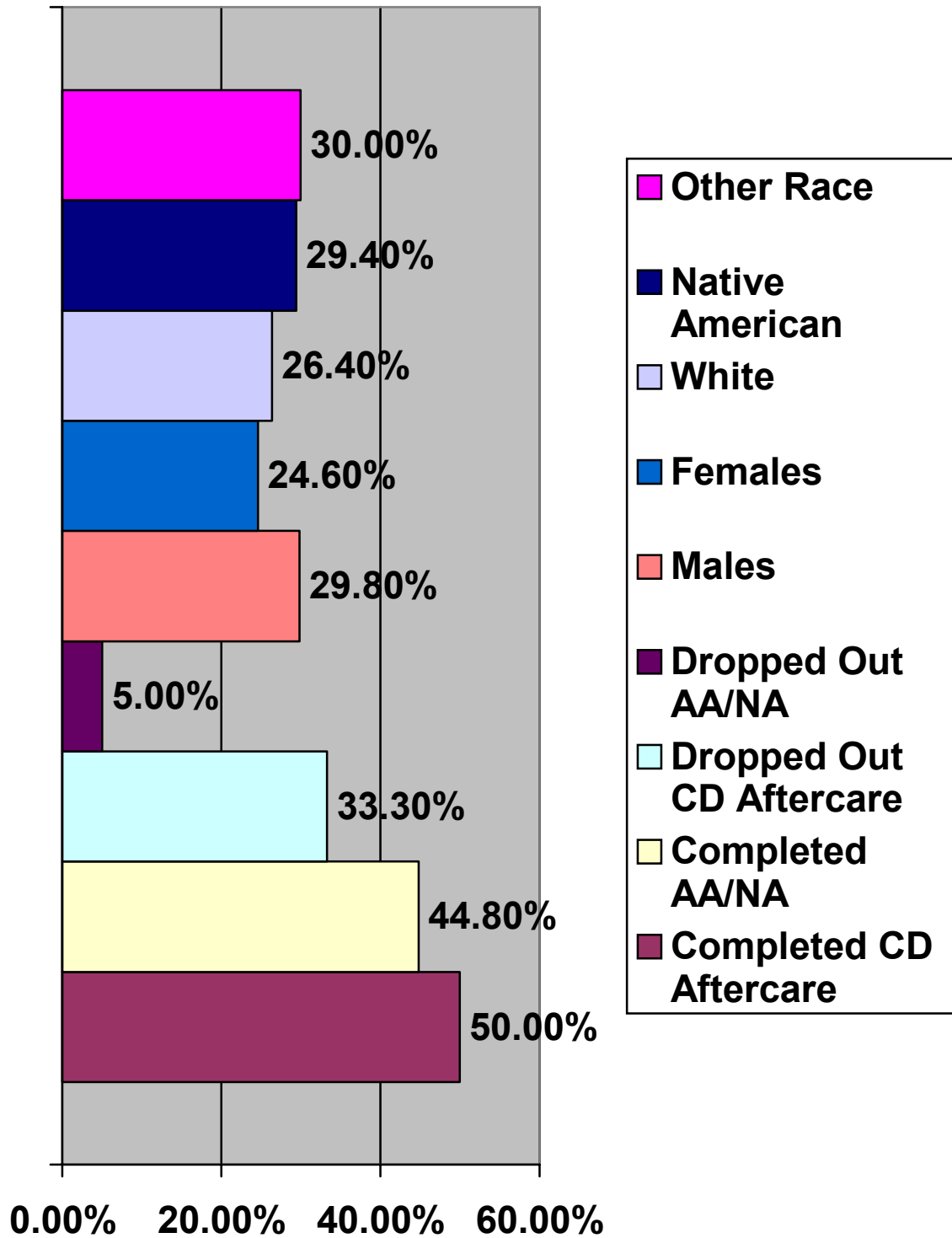
EXECUTIVE SUMMARY - Community-Based Youth Programs

A summary of the basic findings is presented in this section.

- ◆ The abstinence rate at one year post-treatment for the adolescents in the 12-month follow-up survey was 27.2 percent. Considering the small number of persons (n=114), the results presented below are tentative. Although the percent abstinent was modest, clients completing treatment had significant improvements in many other areas of their lives, as presented below.
- ◆ Clients who were abstinent during follow-up, were hospitalized about **2.5 times less** than those who were using substances.
- ◆ Those who were using substances had **3.6 times more** office visits for illnesses and **1.6 times more** office visits for injuries when compared to those who were abstinent.
- ◆ There were substantial decreases (21.9% to 84.3%) in discipline problems at school in each of the six areas (sent to principal, suspensions, etc.) measured.
- ◆ After treatment, clients were 4.1 times less likely to be absent or late and 6.9 times less likely to have loss of jobs due to alcohol or drug use.
- ◆ Clients who completed treatment had significantly fewer arrests (3.7 times fewer misdemeanor arrests and 21.0 times fewer felony arrests) after treatment than they did before treatment.
- ◆ Clients completing the treatment programs were nearly evenly split between males and females.
- ◆ Alcohol and marijuana were the most frequently used substances before and after treatment. Tobacco use (post treatment) was reported by about 73 percent of the clients.

- ◆ Only about one-half of the persons in this follow-up group attended any CD Aftercare programs, including AA/NA. This may be a reason for the low abstinence rate.
- ◆ Clients who rated the treatment programs highly were much more likely to be substance free.
- ◆ The lifetime stressor of death of a parent was related to substance use. Those suffering loss of parents were likely to use substances during the follow-up.
- ◆ Clients who had high levels of medical care before treatment were more likely to use substances during the follow-up period than those with low levels of medical care.
- ◆ Clients with poor performance at work were likely to use substances in the 12 months post treatment.
- ◆ Smoking was a predictor of alcohol or drug use. Smokers were more likely to use other substances than were non-smokers.
- ◆ Clients jailed overnight and assigned to adult court were more likely to use alcohol and drugs during follow-up period.

Abstinence Rates: Various Groups



MPR ADOLESCENT INTAKE FORM

Information for the Intake Form was available on 264 adolescents who completed community-based treatment programs funded by the Division of Alcohol and Drug Abuse between April 1998 and November 2003.

There were slightly more males (51.0%) than females (49.0%). The average age of the individuals was about 16 years.

Gender	Number	Percent
Males	134	51.0%
Females	129	49.0%

RACE/ETHNIC

Whites (64.5%) and Native Americans (24.8%) were the most prevalent ethnic groups completing the treatment programs for adolescents.

	White	Hispanic	Black	Native American	Biracial	Other
Ethnic Origin	64.5%	1.5%	1.9%	24.8%	6.1%	1.1%

REFERRAL SOURCES AT INTAKE

Because there could be multiple referral sources for each person the sum of the percents is more than 100. The most common referral sources at intake were: court system/corrections (77.6%), parents/family 47.9%), and county social services (15.0%).

Referral Sources	Percent Indicating Yes
Parents/Family	47.9%
School	10.9%
County Social Service	15.0%
Referral Services	2.5%
Court System/Corrections	77.6%
Group/Foster Home	8.3%
Mental Health Worker	7.1%
Residential Center	6.7%
Other CD Treatment Center	11.7%
Detox	1.7%
Friend	7.1%
EAP	0.8%
HMO	0.8%
Physician	5.8%
Other	3.8%

FAMILY/SCHOOL SITUATION

Very few of the clients were adopted (2.3%) or were twins (3.9%).

	Yes	No
Is client adopted?	2.3%	97.7%

	Yes	No
Is client a twin?	3.9%	96.1%

Nearly all of the clients were in (or had graduated from) a traditional school or were working on a GED.

	Currently in School	Suspended	Expelled	Quit School	Working toward GED	Graduated from High School
Current School Status	76.4%	1.2%	1.2%	5.8%	12.4%	3.1%

HEALTH PAYMENT RESOURCES

Since there could be multiple payment sources for each person the sum of the percents equals more than 100. The most common payment sources were: parents/self pay (43.0%) and Medicaid/Medicare (42.2%).

	Yes	No
Medicaid/Medicare	42.2%	57.8%
Blue Cross/Blue Shield	8.3%	91.7%
Insurance Company	13.7%	86.3%
HMO	1.7%	98.3%
Parents or self pay	43.0%	57.0%
Other	15.6%	84.4%

RECENT SUBSTANCE USE AT ENTRY INTO PROGRAMS

Alcohol and marijuana were the most frequently used substances before entrance into the treatment programs.

RECENT SUBSTANCE USE

	Within 24 hours	2-7 days ago	8-14 days ago	Over 2 weeks ago	Never used	Undetermined
Alcohol	0.8%	8.6%	7.1%	76.9%	0.8%	5.9%
Marijuana	1.6%	6.7%	3.9%	72.8%	9.8%	5.1%
Sedatives/ Barbiturates	0.8%	0.0%	0.0%	7.2%	88.8%	3.2%
Stimulants/ Amphetamines	0.4%	0.8%	0.4%	21.7%	73.5%	3.2%
Minor tranquilizers	0.4%	0.0%	0.4%	3.6%	92.8%	2.8%
Hallucinogens	0.4%	0.4%	0.4%	20.4%	76.0%	2.4%
Synthetic Painkillers	0.8%	0.8%	2.0%	5.2%	89.2%	2.0%
Opiates	0.4%	0.0%	0.8%	9.6%	88.0%	1.2%
Cocaine	0.4%	0.0%	1.2%	15.6%	79.2%	3.6%
Inhalants	0.4%	0.4%	0.8%	18.1%	76.7%	3.6%
Over-the- counter drugs	3.6%	0.8%	2.8%	20.1%	66.7%	6.0%

FAMILY INCOME

Of those responding to the question on family income, most indicated that the family income was between \$10,000 and \$30,000.

	Less than \$10,000	\$10,001 to \$20,000	\$20,001 to \$30,000	\$30,001 to \$40,000	Over \$50,000	Undetermined
Income	14.9%	25.0%	18.1%	8.5%	2.8%	30.6%

DEMOGRAPHIC INFORMATION FROM ADOLESCENT HISTORY FORM

Information from the History form was available for 264 adolescents who were in community-based treatment programs funded by the Division of Alcohol and Drug Abuse. The clients were nearly evenly split between males and females.

SUBSTANCE USE FREQUENCY

Alcohol, marijuana, and tobacco were the most commonly used substances of those for whom information was available. A vast majority (94.1%) had used alcohol, 76.8 percent had tried marijuana with 20.9 percent using it daily, and 77.1 percent reported at least some tobacco use.

Substance	None	Rarely < 1 Month	1-3 Times Month	1-5 Days Week	6-7 Days Week
Alcohol	5.9%	26.1%	36.8%	23.7%	7.5%
Marijuana	23.2%	19.7%	12.6%	23.6%	20.9%
Barbiturates	89.8%	5.1%	2.0%	0.8%	2.4%
Stimulants	79.1%	10.2%	4.7%	3.9%	2.0%
Tranquillizers	97.2%	2.0%	0.8%	0.0%	0.0%
Hallucinogens	79.1%	14.6%	5.1%	1.2%	0.0%
Painkillers	90.9%	6.3%	1.6%	0.8%	0.4%
Opiates	90.5%	6.3%	2.0%	1.2%	0.0%
Cocaine	82.6%	11.5%	4.0%	2.0%	0.0%
Inhalants/Glue	84.5%	10.3%	2.0%	1.6%	1.6%
Over Counter	82.2%	8.3%	3.2%	4.0%	2.4%
Tobacco	22.9%	4.0%	3.6%	9.5%	60.1%

AGE OF ONSET OF SUBSTANCE USE

The average age of persons starting any substance use was about 13.5 years old with those smoking cigarettes being the youngest and 'other drugs' the oldest years, respectively.

Question On Age	Average Age
How old were you when you started drinking alcohol?	13.2
How old were you when you started using marijuana?	13.4
How old were you when you started using any other drug?	14.0
How old were you when you started smoking cigarettes?	12.5

SUBSTANCE USE/SOCIAL USE PATTERNS

More than two-thirds (67.9%) of the clients reported that half or more of their friends used alcohol or other drugs.

How Many of Your Friends Use Alcohol or Other Drugs?	Number of Cases	Percents
None	11	4.4%
Less Than One-Half	69	27.7%
About One-Half	60	24.1%
Over One-Half	50	20.1%
Nearly All	59	23.7%

Nearly all (91.1%) of those completing the questionnaire indicated that they used alcohol or drugs with their friends. Some (54.7%) drank alcohol or used drugs with 'Others', about two-fifths used substances with their siblings, and about one-seventh used drugs or drank with their parents.

How Often Do You Use Alcohol or Drugs During Activities?	Never	Sometimes	Usually	Always
At School	70.0%	22.7%	5.7%	1.6%
With Parents	86.3%	10.9%	2.4%	0.4%
With Siblings	60.3%	28.3%	8.1%	3.2%
With Friends	8.9%	24.6%	32.3%	34.3%
With Others	45.3%	30.5%	12.3%	11.9%

SUBSTANCE USE CONFRONTATIONS

Those most likely to 'often' confront persons about alcohol or drug use were parents, social workers/probation officers, other relatives, and siblings.

How Often Have You Been Confronted About Your Use of Alcohol or Drugs By the Following?	Never	Sometimes	Often
Parent	23.7%	43.4%	32.9%
Siblings	54.8%	34.7%	10.5%
Other Relatives	56.6%	30.9%	12.4%
School Personnel	77.8%	16.5%	5.6%
Friends	58.9%	33.1%	8.1%
Social Worker/ Probation Officer	49.4%	30.0%	20.6%

EMOTIONAL/PSYCHOLOGICAL DIFFICULTIES – PAST YEAR

The major emotional problems in the past year were: depression (46.2%), sleep problems (41.1%), restlessness (40.9%), lack of energy (35.0%), nervousness (33.3%), and tension (32.3%).

In the Past Year Have You Been Frequently Troubled By the Following:	Number of Cases	Percent Yes
Nervousness	252	33.3%
Tension	254	32.3%
Restlessness or Irritability	254	40.9%
Depression	253	46.2%
Suicidal Thoughts	252	19.8%
Sleep Problems	253	41.1%
Lack of Energy	254	35.0%
Panic/Anxiety Attacks	255	23.5%
Starved Yourself to Loose Weight	254	7.1%
Binge Eating/Forced Vomiting	255	4.3%
Attempted to Kill Yourself	255	12.9%

LIFETIME STRESSORS

The most frequently mentioned lifetime stressors were: divorce of parents (35.9%) separation of parents (35.9%), and death of a close friend (33.1%).

Stressor	Number of Cases	Percent With Stressor
Death of a Parent	244	9.8%
Death of a Sibling	246	8.1%
Death of a Close Friend	245	33.1%
Divorce of Parents	245	35.9%
Separation of Parents	245	35.9%
Remarriage of Parent	245	18.4%

PAST YEAR STRESSORS

The most commonly mentioned past year stressors included: loss of a close friendship (38.5%) and serious family financial problems (25.9%)

Stressor	Number of Cases	Percent With Stressor
Serious Family Financial Problems	247	25.9%
Serious Injury to Self	247	14.2%
Serious Illness in Self	246	7.3%
Loss of Close Friendship	247	38.5%

SELF PERCEPTIONS

The most positive perceptions were: parents' love, respect for themselves, friends' respect for them, take care of self physically, and parents' respect for them.

Self Image	Rarely	Sometimes	Often	Usually
Do You Take Care of Yourself Physically?	4.0%	14.8%	24.0%	57.2%
Do You Like the Way You Look?	7.6%	23.1%	21.9%	47.4%
Do You Consider Yourself Attractive?	10.4%	32.9%	22.9%	33.7%
Do You Respect Yourself?	3.2%	12.7%	24.3%	59.8%
Are You Ashamed of Yourself?	67.7%	22.3%	4.8%	5.2%
Do You Hate Yourself?	83.1%	12.9%	2.0%	2.0%
Do You Feel Like Killing Yourself?	87.8%	9.8%	1.6%	0.8%
Do Your Parents Respect You?	4.8%	17.5%	25.8%	52.0%
Are Your Parents Ashamed of You?	70.9%	19.8%	4.0%	5.3%
Do Your Friends Respect You?	1.2%	8.4%	32.3%	58.2%
Do Your Parents Love You?	0.8%	6.8%	13.2%	79.2%

RELIGIOUS INVOLVEMENT

Most (59.9%) of the clients had formal religious training.

Have You Had Any Formal Religious Training?	Number of Cases	Percent
Yes	148	59.9%
No	99	40.1%

Only about one-third (31.7%) of the clients attended religious services within the last month.

How Long Since You Attended a Religious Service?	Number of Cases	Percent
Over a Year Ago	105	43.2%
Within Last Year	61	25.1%
Within Last Month	77	31.7%

Only 16.6 percent of the clients reported attending religious services weekly.

How Often Do You Typically Attend Religious Services?	Number of Cases	Percent
Never	110	44.5%
Several Times a Year	64	25.9%
1-3 Times a Month	32	13.0%
Weekly	41	16.6%

GENERAL RELATIONSHIPS

The clients had their best relationships with mothers, siblings, and the fathers.

Person	Mostly Fight	Avoid One Another	Get Along	Close	Not Applicable
Mother	5.4%	5.8%	37.5%	47.9%	3.5%
Father	2.4%	15.7%	28.7%	26.8%	26.4%
Stepmother	4.7%	3.4%	8.2%	5.6%	78.1%
Stepfather	3.0%	7.7%	16.2%	6.4%	66.7%
Siblings	2.8%	2.8%	40.6%	47.2%	6.7%

GENERAL RELATIONSHIPS ADJUSTED (AFTER REMOVING THE 'NOT APPLICABLE' CATEGORY)

The clients had their best relationships with siblings, mothers, and fathers after removing from the analysis the 'not applicable' category. The worst relationships were between clients and their stepfathers and/or stepmothers.

Person	Mostly Fight	Avoid One Another	Get Along	Close
Mother	5.6%	6.0%	38.8%	49.6%
Father	3.2%	21.4%	39.0%	36.4%
Stepmother	21.6%	15.7%	37.3%	25.5%
Stepfather	9.0%	23.1%	48.7%	19.2%
Siblings	3.0%	3.0%	43.5%	50.6%

INFORMATION FROM ADOLSCENT DISCHARGE FORM

The main problem areas identified were: physical abuse, psychiatric disorder, suicidal ideation, and sexual abuse.

PROBLEM AREAS	Not a problem	Reported Prior to Treatment	Found During Treatment	Undetermined
Psychiatric disorder	79.4%	13.1%	2.0%	5.6%
Learning disability	83.6%	10.0%	1.6%	4.8%
Eating disorder	94.4%	1.6%	0.4%	3.6%
Physical abuse	78.7%	12.6%	4.7%	4.0%
Sexual abuse	81.3%	13.1%	0.8%	4.8%
Suicidal ideation	81.3%	14.7%	1.6%	2.4%

DISCHARGE STATUS AND REFERRALS

A vast majority (92.4%) of the clients completed the treatment programs.

	Evaluation only	Full discharge - completed program	Behavioral discharge	Discharged against staff advice	Other
Discharge status	1.9%	92.4%	1.1%	0.4%	4.2%

Upon discharge, the most common referrals for living arrangements were: home of parents (70.9%) and group/foster (14.4%) home. Because of multiple referrals, the total sums to more than 100 percent.

	Parental Home	Other relative's home	Halfway house/ extended care	Inpatient CD or psychiatric program	Group home/foster home	Correctional facility
Discharge Referrals/ Residential	70.9%	5.5%	4.7%	2.1%	14.4%	3.8%

SUBSTANCE USE DURING TREATMENT

Some (15.1%) were caught using substances during treatment.

	Yes	No
Was patient caught using during treatment?	15.1%	84.9%

DISCHARGE REFERRALS

Aftercare, AA/NA, and individual & family counseling/therapy were the most common post-treatment referrals.

	Aftercare	AA/NA	Alateen/Alanon	Other support group	Individual counseling/therapy	Family counseling/therapy
Discharge Referrals	94.5%	76.9%	3.1%	5.1%	23.2%	17.3%

FAMILY PARTICIPATION IN TREATMENT PROGRAM

Mothers, fathers, and siblings were the family members most likely to participate in the family segment of the treatment programs.

Family Participation	None	Partial	Full	N/A
Mother	46.7%	25.3%	24.1%	3.9%
Father	64.3%	10.7%	11.9%	13.1%
Stepmother/ parent figure	48.6%	0.4%	0.8%	50.2%
Stepfather/ parent figure	46.8%	1.6%	2.4%	49.2%
Foster parents	40.7%	0.8%	0.4%	58.1%
Other guardian	40.7%	3.3%	1.2%	54.9%
Sister(s)/Stepsister(s)	64.9%	7.7%	1.2%	26.2%
Brother(s)/Stepbrother(s)	67.1%	7.6%	2.8%	22.5%

SUBSTANCE ABUSE BY THOSE CLOSE TO CLIENT

Fathers, mothers, and brothers were most active substance abusers in the family.

Substance Abuse By	No	Suspected	Yes, Active	Recovering	Not Known	N/A
Mother	49.6%	10.4%	20.4%	9.2%	7.2%	3.2%
Father	27.8%	14.9%	27.0%	7.7%	15.7%	6.9%
Stepmother/ parent figure	26.0%	2.5%	0.4%	1.2%	12.8%	57.0%
Stepfather/ parent figure	26.9%	2.1%	5.0%	2.1%	8.7%	55.4%
Sister	43.8%	6.6%	10.7%	1.7%	12.4%	24.8%
Brother	42.2%	10.2%	14.3%	3.7%	9.0%	20.5%
Other Household Members	29.3%	3.7%	5.0%	0.4%	10.7%	50.8%

INFORMATION FROM ADOLESCENT FOLLOW-UP FORM

Because the number of persons who were followed-up for 12 months post-treatment is relatively small (n = 114), the results should be considered to be tentative.

SCHOOL

More than one-half (52.7%) of the clients at the time of follow-up were currently enrolled in junior or senior high school. Some (15.2%) had graduated from high school and others (12.5%) were working on GED's.

	Currently in high school or junior high	Suspended	Expelled	Quit School	Working toward G.E.D.	Graduated from high school	In college or vo-tech
Current School Status	59 (52.7%)	1 (0.9%)	2 (1.8%)	13 (11.6%)	14 (12.5%)	17 (15.2%)	6 (5.4%)

Most (63.2%) of the clients surveyed had plans for returning to or continuing educational pursuits, while some (23.7%) were unsure of their education plans.

	Yes	No	Not Sure
Plan to return to school or continue education over the next year?	48 (63.2%)	10 (13.2%)	18 (23.7%)

COMPARATIVE RESULTS – PRE AND POST-TREATMENT

For all persons completing treatment, the clients were caught an average of 0.08 times at school for using alcohol during the past year. This was an improvement from the year prior to treatment in which the study participants were caught an average of .2 times. As expected, those abstinent were not using and therefore, not caught using alcohol or drugs at school.

	History Form Before Treatment	Follow-up Form After Treatment
Number of times caught at school for alcohol or drug use in PAST TWELVE MONTHS.	0.2	0.08 (0.0)

The number in parentheses () refers to persons who were abstinent during the follow-up period.

The most common problems encountered at school in the year following treatment were: being placed on probation, suspended, and being sent to the principal. The year before entering treatment all of the below listed discipline problems were much greater with over one-half (52.4%) the clients being sent to the principal and 35.4 percent being placed on probation. Clients who were abstinent had significantly fewer discipline problems. There were substantial decreases (21.9% to 84.3%) in discipline problems in each of the six areas (sent to principal, family conference, suspensions, expulsion, being placed on probation, other) measured.

During the twelve months, have discipline problems in	Before Treatment All Clients	After Treatment All Clients	After Treatment Abstinent	Percent Improvement All Clients
Being sent to principal/dean	43 (52.4%)	8 (11.4%)	1 (7.1%)	78.2%
A family conference	16 (19.5%)	5 (7.1%)	0 (0.0%)	63.6%
A suspension	27 (32.9%)	10 (14.3%)	1 (7.1%)	56.5%
An expulsion	6 (7.3%)	4 (5.7%)	1 (7.1%)	21.9%
Being placed on probation	29 (35.4%)	12 (17.1%)	2 (14.3%)	51.7%
Other (specify)	15 (18.5%)	2 (2.9%)	0 (0.0%)	84.3%

EMPLOYMENT

The clients worked 13.0 hours per week before treatment and averaged 15.2 hours after treatment during the school year.

	Before Treatment	After Treatment
During the school year, number of hours per week worked at a job	13.0	15.2

Most of those working did not report many problems at work. Of those with problems, the most frequent situations were: absence or tardiness from work, poor performance, and loss of job. After treatment, clients were 4.1 times less likely to be absent or late and 6.9 times less likely to have loss of jobs due to alcohol or drug use. Of course, those who were abstinent did not report any problems.

Work problems related to alcohol or drug use in following areas	Before Treatment	After Treatment	Abstinent
Poor performance	7 (10.8%)	2 (4.0%)	0 (0.0%)
Absence or lateness	16 (24.6%)	3 (6.0%)	0 (0.0%)
Warning from employer about use	1 (1.5%)	0 (0.0%)	0 (0.0%)
Loss of a job	9 (13.8%)	1 (2.0%)	0 (0.0%)

HEALTH HISTORY

This group of persons did not report frequent medical problems during the past year. Most of the medical treatment received related to chemical dependency issues.

Number of times or days medical treatment or services were received for the following:	Before Treatment Number of Times	After Treatment Number of Times	Before Treatment Number of Days	After Treatment Number of Days
Inpatient CD evaluation	0.24	0.17 (0.10)	0.29	1.64 (0.34)
Outpatient CD evaluation	0.91	0.23 (0.24)		
Inpatient CD treatment	0.05	0.18 (1.31)	4.17	4.20 (4.55)
Outpatient CD treatment	0.44	0.60 (.03)		
Detox Center	0.03	0.05 (0.17)	0.12	0.14 (0.17)
Hospital Detox	0.03	0.01 (0.00)	0.08	0.01 (0.00)
Hospital medical admission	0.20	0.13 (1.82)	0.37	0.15 (0.28)
Inpatient psychiatric treatment	0.10	0.08 (0.00)	0.59	1.82 (3.41)
Outpatient psychiatric treatment	0.18	0.74 (1.82)		
ER visit for suicide attempt	0.05	0.04 (0.00)		
ER visit - accidental overdose	0.06	0.04 (0.03)		
ER visit for illness/injury	0.59	.23 (0.41)		

The number in parentheses () refers to persons who were abstinent during the follow-up period.

There were significant reductions in the number of visits to doctor's offices after treatment. Before treatment there were 3.6 times more office visits for illnesses and 1.6 times more office visits for injuries compared to the post-treatment visits for those who were abstinent.

During the past twelve months, number of office visits made to the doctor for:	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
An injury	0.67	0.55	0.41
An illness	2.32	1.33	0.65
<hr/>			
	Before Treatment: Number of Visits	After Treatment: Number of Visits	Abstinent
During the past twelve months, number of office visits made to any other health professionals (e.g., physical therapist, chiropractor, nurse, etc.)	2.08	2.53	0.65

ARRESTS

There were significantly fewer arrests (3.7 times fewer misdemeanor arrests and 21.0 times fewer felony arrests) in the 12-month period following treatment than there was in the year preceding treatment. Neither group (non-users or users) reported many arrests.

	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
Misdemeanor arrest	2.12	0.58
Felony arrest	0.21	0.01

	Before Treatment: Number of Arrests	After Treatment: Number of Arrests
In past twelve months, number of times ticketed or arrested for possession or use of alcohol	1.42	0.69
In past twelve months, number of times ticketed or arrested for possession or use of drugs	0.46	0.10

During the twelve months following treatment, there was a significant drop (84.0% fewer status offenses and 91.3% fewer out of control petitions) in the number of arrests for status offenses and the number of out of control petitions filed by parents or guardians.

	Yes Before	No Before	Yes After	No After
Arrested for status offense in past twelve months	25 (25.0%)	78(75.0%)	4(4.0%)	97 (96.0%)
Out of control petition filed by parent or guardian in past twelve months	23 (21.9%)	82(78.1%)	2 (1.9%)	106(98.2%)

PLACEMENT AFTER ARREST – FOLLOW-UP FORM

The most common placements as a result of arrests were: put on probation, placed in juvenile corrections facilities, and put in detention centers. Those who were abstinent had significantly fewer placements in the past twelve months, which can be attributable to their lower arrest rates.

As a result of an arrest in the past twelve months, they were:	Yes
Put into a detox center	1 (1.4%)
Given an informal reprimand	7 (9.5%)
Given an informal hearing	14 (18.9%)
Put on probation	21 (28.4%)
Required to make restitution	12 (16.2%)
Put in a detention center	15 (20.3%)
In jail overnight	11 (14.9%)
In and out of home placement	5 (6.8%)
Place in a juvenile corrections facility	15 (20.3%)
Given a jail sentence	8 (10.8%)
Certified as an adult or waived into adult court	10(10.8%)

A few of those in this follow-up study had current charges pending for status offenses or misdemeanors.

Current Charges Pending for:	Yes
Status offense	2 (1.8%)
Misdemeanor	8 (7.3%)
Felony	0 (0.0%)

CURRENT SUPERVISION: FOLLOW-UP STUDY

Twelve months after treatment about one-fourth (28.2%) were under supervision of a probation officer, and a few (10.0%) were supervised by social workers.

Currently under the supervision of:	Yes Responses
A probation officer	31 (28.2%)
A social worker	11 (10.0%)

VEHICLE

More than one-half (58.9%) of those surveyed had valid driver's license at one-year post treatment and some of these had licenses revoked or suspended.

	Yes Responses
Ever had a valid driver's license	66 (58.9%)
In the past twelve months, license has been suspended or revoked in the past twelve months	18 (17.3%)

Very few were involved in motor vehicle accidents.

	Mean Number Follow-up Survey
In the past twelve months, number of accidents while driving under the influence (cars/motorcycles/snowmobiles, etc.)	0.08
As a passenger, number of moving vehicle accidents during the past twelve months	0.27

SUBSTANCE USE

Alcohol and marijuana were the most frequently used substances during follow-up. Cigarette use was very common with 72.9 percent indicating some usage and 58.8 percent using daily.

Substance	Not used	Less than once per month	1-3 times per month	Weekly	Daily	Freq. unknown
Alcohol	33 (29.5%)	30 (26.8%)	13 (11.6%)	15 (13.4%)	6 (5.4%)	15 (13.4%)
Marijuana/Hashish	70 (62.5%)	13 (11.6%)	4 (3.6%)	7 (6.3%)	6 (5.4%)	12 (10.7%)
Sedatives/Barbiturates (sleeping pills, downers)	104 (92.9%)	2 (1.8%)	2 (1.8%)	4 (3.6%)	0 (0.0%)	0 (0.0%)
Stimulants/Amphetamines (uppers, speed)	107 (95.5%)	2 (1.8%)	1 (0.9%)	2 (1.8%)	0 (0.0%)	0 (0.0%)
Tranquilizers (Valium, Librium, Ativan, Xanax)	110 (98.2%)	0 (0.0%)	1 (0.9%)	1 (0.9%)	0 (0.0%)	0 (0.0%)
Hallucinogens (acid, LSD, PCP, dust, crystal)	106 (94.6%)	3 (2.7%)	2 (1.8%)	1 (0.9%)	0 (0.0%)	0 (0.0%)
Painkillers (Demerol, Talwin, Darvon, Codeine)	107 (95.5%)	2 (1.8%)	2 (1.8%)	0 (0.0%)	0 (0.0%)	1 (0.9%)
Opiates (Morphine, Heroin, Dilaudid)	110 (98.2%)	1 (0.9%)	1 (0.9%)	0 (0.0%)	0 (0.0%)	0 (0.0%)
Cocaine (Crack)	105 (93.8%)	5 (4.5%)	1 (0.9%)	0 (0.0%)	0 (0.0%)	1 (0.9%)
Inhalants (glue, paint, gasoline)	109 (97.3%)	1 (0.9%)	1 (0.9%)	1 (0.9%)	0 (0.0%)	0 (0.0%)
Over-the-counter (diet pills, etc.)	105 (93.8%)	2 (1.8%)	1 (0.9%)	2 (1.8%)	2 (1.8%)	0 (0.0%)

	Daily	Occasionally	No
Smoke cigarettes	50 (58.8%)	12 (14.1%)	23 (27.1%)

SUPPORT GROUPS

Participation in support groups was not a major part of the post-treatment experience for many. This may be one reason for low abstinence rates.

Support Group	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week
AA/NA	45(40.2%)	37(33.0%)	7(6.3%)	2(1.8%)	13(11.6%)	8(7.1%)
Alateen/Alanon	103(92.0%)	7(6.3%)	0(0.0%)	0(0.0%)	1(0.9%)	1(0.9%)
Other Self-Support Group	105(92.9%)	3(2.7%)	0(0.0%)	0(0.0%)	3(2.7%)	2(1.8%)

AFTERCARE PROGRAM

About one-half (51.8%) of the persons in this follow-up group attended some CD Aftercare. There was very little participation in other aftercare programs.

Type of Program	Never Went	Stopped Going	Attend Once Per Month or Less	Attend two-three Times Per Month	Attend Weekly	Attend two-three Times Per Week	Completed
CD Aftercare	54(48.2%)	16(14.3%)	2(1.8%)	0(0.0%)	14(12.5%)	2(1.8%)	24(21.4%)
Individual Therapy/ Counseling	78(69.6%)	8(7.1%)	4(3.6%)	3(2.7%)	10(8.9%)	1(0.9%)	8(7.1%)
Family Therapy/ Counseling	93(83.0%)	6(5.4%)	8(7.1%)	0(0.0%)	3(2.7%)	0(0.0%)	2(1.8%)
Other	106(97.2%)	1(0.9%)	0(0.0%)	0(0.0%)	1(0.9%)	0(0.0%)	1(0.9%)

FACTORS RELATED TO SUCCESS FROM HISTORY FORM

Based on the statistical analysis of the information on 114 clients who were surveyed with a follow-up instrument, the following factors were found to be predictive of success (i.e., did not use substances during follow-up period):

History Form

- ◆ The lifetime stressor of death of a parent was related to substance use. Those suffering loss of parents were likely to use substances during the follow-up.
- ◆ Clients who had high levels of medical care before treatment were more likely to use substances during the follow-up period than were those with low levels of medical care.
- ◆ Clients who changed schools because of substance use were more likely to use substances during the follow-up period than were those who didn't change schools.
- ◆ Those who had friends who frequently use alcohol or drugs (in year prior to treatment) were more likely to use substances during follow-up.
- ◆ Client who were jailed during the year prior to treatment were more likely to use substances during follow-up than were those not jailed.

FACTORS RELATED TO SUCCESS FROM FOLLOW-UP FORM

Based on the statistical analysis of the information on 114 clients who were surveyed during follow-up, the following variables were predictive of success (i.e., did not use substances during follow-up period):

Follow-up Form

- ◆ Clients with poor performance at work before treatment were likely to use substances 12 months post treatment.
- ◆ Clients who were frequently late or absence from work were likely to use substances.

- ◆ Clients involved in family conferences were less likely to use substances.
- ◆ Smoking was a predictor of alcohol or drug use. Smokers were more likely to use other substances than were non-smokers.
- ◆ Clients with misdemeanor arrests were more likely to use substances than were those not arrested.
- ◆ Clients jailed overnight were more likely to use alcohol and drugs during follow-up than were those not jailed.
- ◆ Clients transferred to adult courts were at high risk for using substances during the follow-up period.
- ◆ Clients who rated the treatment programs high were less likely to use substances.

RATINGS OF PROGRAM BY PARTICIPANTS

The clients rated four agree/disagree questions concerning the treatment programs they completed. In general, the clients had high ratings of the treatment programs.

A majority (71.9%) of the clients completing the follow-up interview agreed that it was a good program.

A high proportion (79.4%) agreed with the statement that the counselors were helpful.

About three-fourths (76.4%) of those completing the follow-up survey felt they learned much from the treatment program.

Most (74.5%) of the clients indicated that they would recommend the program to other people, while some (12.3%) were not sure if they would or not.

Treatment Program Ratings	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
It was a good program.	44(41.1%)	33(30.8%)	18(16.8%)	6(5.6%)	6(5.6%)
The counselors were helpful.	59(55.1%)	26(24.3%)	14(13.1%)	0(0.0%)	8(7.5%)
I learned much.	48(45.3%)	33(31.1%)	16(15.1%)	4(3.8%)	5(4.7%)
I would recommend the program to other people.	53(50.0%)	26(24.5%)	13(12.3%)	6(5.7%)	8(7.5%)

OPEN-ENDED QUESTIONS

These comments were taken from those completing the follow-up form that was administered 12 month post-treatment. To date, 114 persons have completed the follow-up survey.

What did you like best about the Alcohol and Drug Treatment Program?

- Counselors (17 responses)
- Information, knowledge (10 responses)
- Talking, sharing (12 responses)
- Group sessions, discussions (7 responses)
- Nothing (7 responses)
- Interaction with other clients (6 responses)
- Staff (6 responses)
- Environment/comfortable setting (5 responses)
- It was helpful (4 responses)
- Somebody that listens to me (4 responses)
- People with similar problems (4 responses)
- One on one (4 responses)
- Learned about myself (2 responses)
- AA has helped (1 response)
- Abstinence (1 response)
- Being away from friends (1 response)
- Comprehensive, thorough (1 response)
- Dealing with issues (1 response)
- Getting up early (1 response)
- Got close to mom (1 response)
- Hugs (1 response)
- Kept me out of JC (1 response)
- Rewards (1 response)
- Support from everyone (1 response)
- Videos (1 response)
- Family part (1 response)
- Discipline (1 response)

What, if anything, about the program do you think needs to be changed?

- Nothing (41 responses)
- Rules, strictness (6 responses)
- Everything (3 responses)
- Bad timing/time it is held (2 responses)
- More structure (2 responses)
- Aftercare counselor (1 response)
- Better counselors (1 response)
- Cost (1 response)
- Disciplinary system (1 response)
- Discuss issues that lead to substance abuse (1 response)
- Discuss other problems in life (1 response)
- Don't know (1 response)
- Drug use during treatment (1 response)
- Food (1 response)
- Getting up at 6:30 (1 response)
- Male & female communication (1 response)
- Mandatory parental support (1 response)
- More family interaction (1 response)
- More freedom for good things done (1 response)
- More one on one counseling (1 response)
- Should be optional (1 response)
- Staff (1 response)
- Too boring (1 response)
- Too many hours (1 response)
- Too pushy (1 response)
- Too repetitive (1 response)
- Videos (1 response)
- Wear uniforms (1 response)
- More activities (1 response)
- Use different teaching methods (1 response)